

S.O.H.L.

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

September 12, 2016

Cast Your Cares

MATTHEW 6:25-34 NKJV - (25) "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? **(26)** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? **(27)** Which of you by worrying can add one cubit to his stature? **(28)** "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; **(29)** and yet I say to you that even Solomon in all his glory was not arrayed like one of these. **(30)** Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? **(31)** "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **(32)** For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **(33)** But seek first the kingdom of God and His righteousness, and all these things shall be added to you. **(34)** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

In July and August each year, tens of thousands of fat salmon migrate back up the rivers of Northern America and Eastern Russia to spawn. For an opportunistic hunter like the brown bear, this is too good to miss. A bear perched at the top of a low waterfall catching fish in midair makes for a great photograph, but being in the right place at the right time is a fierce challenge, especially with competition from other hungry bears. Catching the salmon also requires perfect reflexes. The bear has just one chance to snatch the slippery, struggling fish with a grip firm enough to allow the bear to make it back to shore without their catch wriggling free. If the bear drops the fish, the fast-flowing water will whisk away his prize, even if the fish is already dead. With all of the challenges faced, it is clear that God has made provisions for these bears.

I stay in the country. I see possums, armadillos, owls, rabbits and other small animals in my backyard at night and thought about killing them but I know that each animal feeds off another. Again, God's provisions. Each animal serves a purpose. The animals were never a nuisance to me and my family; thankfully, God showed me that if He would take care of these animals how much would He do for us (humans)?

The Bible clearly teaches that Christians are not to worry. In **Philippians 4:6**, we are commanded, "Do not be anxious [do not worry] about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." In this Scripture, we learn that we should bring all of our needs and concerns to God in prayer rather than worry about them. Jesus encourages us to avoid worrying about our physical needs (clothing and food). Jesus assures us that our heavenly Father will take care of all our needs (**Matthew 6:25-34**).

SCRIPTURE READING

PSALM 55:22

THOUGHT FOR THE WEEK

Give it to God; He's up anyway.